

## BANNOCK

3 cups all purpose white flour

2 tbsp. sugar

2 tbsp. baking powder

1 tsp. salt

2 cups water

Dry mix all of the ingredients in a large bowl. Slowly add water, 1/2 cup at a time, mixing as you go. Final dough should have a consistency somewhere between a bread dough and a pancake batter - it should not pour into a pan but instead needs be spooned in.

Preheat a cast iron frying pan with about a 1/4" of oil, covering the bottom of the pan.

Spoon in about 1/2 cup of batter and spread out to about 1/2" in depth. Cook until golden brown on the bottom and then flip once and cook the top side.

Serve hot with lots of butter and jam. This fried bread was a staple amongst the earlier fur traders of Canada and was quickly adopted by the First Nations people as one of their own.

The bread can also be roasted on a stick over a fire or baked in an oven but the fried version is extra tasty because of the oil!